

OLDER AMERICANS MONTH

AGE OUT LOUD: MAY 2017

**BROOKLETTS PLACE
TALBOT SENIOR CENTER
400 BROOKLETTS AVENUE * EASTON, MD
410-822-2869**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Advance Beginners Watercolor 11:00 Law Day 11:00 Card Players 12:00 Lunch 12:00 Mahjong 	2 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Contract Bridge 10:30 "Savvy Saving Seniors" 12:00 Lunch 12:30 Pinochle 1:30 Village Connections 	3 9:00 Coffee Hour 9:00 Line Dancing 9:00 Beginning Oil Painting 9:00 Gentle Yoga 9:30 "Eat Sprouts" 9:30 Yarn & Needle Group 10:00 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	4 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Intermediate Watercolor 10:00 MD Crimes Victims Clinic 10:30 Po-Ken-O 10:45 Balance: Fall Prevention 11:00 T'ai Chi @TCCC 11:00 Canasta 12:00 Lunch/Music w/Judy Amdur 1:00 Chair Pilates 5:00 TOPS	5 8:30 Zumba Gold 9:00 Coffee Hour 10:00 Mahjong 11:30 Toastmaster's 12:00 Keyboard/Guitar Lessons 12:00 Poetry at Noon 1:00 Spanish Fun Conversation Class Cinco De Mayo 
8 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Advance Beginners Watercolor 11:00 Card Players 12:00 Lunch 12:00 Mahjong 5:30 Diabetic Support Group  MAY FLOWER DAFFODIL	9 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Contract Bridge 10:30 Free Craft w/First Baptist 12:00 Lunch/HOWARD BASS & BARBARA HOLLINSHEAD 12:30 Pinochle MAY BIRTHSTONE AQUAMARINE 	10 8:30 Comm. On Aging 9:00 Line Dancing 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:00 Gentle Yoga 9:30 Yarn & Needle Group 10:00 Blood Pressure Screening 11:00 Duplicate Bridge 12:00 Lunch 1:00 Wii Bowling @ Parkview	11 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Intermediate Watercolor 10:30 Po-Ken-O 10:45 Balance: Fall Prevention 11:00 T'ai Chi @TCCC 11:00 Canasta 12:00 Lunch Older American Month Recognition w/Gene Edwards Review 1:00 Advisory Committee Mtg 1:00 Chair Pilates 5:00 TOPS	12 8:30 Zumba Gold 9:00 Coffee Hour 10:00 Mahjong 10:00 Mother's Day Flowers for the Table 12:00 Keyboard/Guitar Lessons 12:00 Poetry at Noon 1:00 Spanish Fun Conversation Class HAPPY MOTHER'S DAY SUNDAY, MAY 14TH 
15 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Advance Beginners Watercolor 11:00 Card Players 12:00 Lunch 12:00 Mahjong 1:00 Dementia Support Group	16 8:00 Enhance Fitness 8:30 Shorebirds Game 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Contract Bridge 12:00 Lunch 12:30 Pinochle 	17 9:00 Line Dancing 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:00 Gentle Yoga 9:30 Yarn & Needle Group 10:00 Wii Bowling 10:30 Dance Steps 11:00 Duplicate Bridge 12:00 Lunch	18 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Intermediate Watercolor 10:00 MD Crimes Victims Clinic 10:00 Older American Month 10:30 Grocery Bingo 10:45 Balance: Fall Prevention 11:00 T'ai Chi @TCCC 11:00 Canasta 12:00 Lunch 1:00 Chair Pilates 5:00 TOPS	19 8:30 Zumba Gold 9:00 Coffee Hour 10:00 Mahjong 11:30 Toastmaster's 12:00 Keyboard/Guitar Lessons 12:00 Poetry at Noon 1:00 Spanish Fun Conversation Class DON'T FORGET YARD SALE BAKE SALE CAR WASH TOMORROW, MAY 20TH 8AM
22 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Advance Beginners Watercolor 11:00 Card Players 12:00 Lunch 12:00 Mahjong 	23 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Contract Bridge 12:00 Lunch/ Chuck Fisher 12:30 Pinochle 	24 9:00 Line Dancing 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:00 Gentle Yoga 9:30 Yarn & Needle Group 10:00 Blood Pressure Screening 10:00 Wii Bowling 10:30 Dance Steps 11:00 Duplicate Bridge 12:00 Lunch	25 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Intermediate Watercolor 10:00 Elder Law Clinic 10:30 Po-Ken-O 10:45 Balance: Fall Prevention 11:00 T'ai Chi @TCCC 11:00 Canasta 12:00 Lunch 1:00 Chair Pilates 5:00 TOPS	26 8:30 Zumba Gold 9:00 Coffee Hour 10:00 Mahjong 12:00 Keyboard/Guitar Lessons 12:00 Poetry at Noon 1:00 Spanish Fun Conversation Class 
29 CLOSED 	30 8:00 Enhance Fitness 9:00 Coffee Hour 9:30 Enhance Fitness 10:00 Contract Bridge 12:00 Lunch/Music Celebration w/Shelley Abbott 12:30 Pinochle 	31 9:00 Line Dancing 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:00 Gentle Yoga 9:30 Yarn & Needle Group 10:00 Wii Bowling 10:30 Positive Music w/DJ Randy P 11:00 Duplicate Bridge 12:00 Lunch	Calendar of Events on the WEB: www.talbotcountymd.gov Community/Other Local Agencies/Senior Center & as a link on the Town of Easton's website www.town-eastonmd.com Community/Talbot Senior Center Also available on the Eastern Shore Senior Website: http://www.easternshoresenior.com/content/talbotseniorentcalendar	VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT COUNTY SENIOR CENTER

BROOKLETTS PLACE – TALBOT COUNTY SENIOR CENTER – MAY 2017

Visit our Facebook Page: *Brookletts Place – Talbot County Senior Center*

OUTINGS & EVENTS:

Mon., May 1 – (11:00 a.m.) **LAW DAY** Join us for a FREE Information Session on GUARDIANSHIP ISSUES *What is it? How to prepare for one. How to avoid/prevent one.* This general presentation will cover general aspects of a guardianship including information on important documents needed to help prevent the need for a guardianship. Those with elderly family members and/or disabled adults would benefit from this free information session. Local attorneys will be providing this information and will be available to answer questions. **REGISTRATION IS NOT REQUIRED.**

Thurs., May 4 – (12:00 p.m. – 1:00 p.m.) **Lunch/Music with Judy Amdur** digital keyboard and vocal music of amazing songs. ***Advance sign up for lunch is required*** or you may bring your own lunch.

Tues., May 9 - (12:15 p.m. - 1:00 p.m.) **HOWARD BASS & BARBARA HOLLINSHEAD** *Birds, Bees, Flowers & Trees: An Elizabethan Celebration of Mother Earth* A delightful program of music for lute and voice from the 16th and 17th Century in celebration of Mother's Day and Mother Earth. ***Advance sign-up for lunch required by May 1*** or you may bring your own. *This concert is made possible by the generous support of the Talbot County Arts Council, the Maryland State Arts Council, Mid-Shore Community Foundation (MSCF), Dock Street Foundation, Brookletts Place, and by individual contributions to the Carpe Diem Arts Outreach Fund c/o MSCF.*

Thurs., May 11 – (12:00 p.m. – 1:00 p.m.) **Lunch/Older American Month Recognition w/Music by Gene Edwards Review** - digital keyboard and vocal music, featuring a full array of amazing hits. ***Advance sign up for lunch is required*** or you may bring your own lunch.

Tues., May 16 – (8:30 a.m. – 2:30 p.m.) **Shorebirds Game, Salisbury, MD** \$35.00 per person includes bus transportation, admission to the game with food voucher for hot dog, chips and drink. The bus will leave the Senior Center 8:30 a.m. to arrive at Perdue Stadium for a 10:30 a.m. game against the Greenville Drive. All seats in the ballpark (including the general admission bleachers) have been replaced with brand new reserved seats, ergonomically designed to maximize comfort. STILL A FEW SEATS LEFT. Bus will leave senior center 8:30 a.m. and arrive back to senior center approx. 2:30 p.m.

Sat., May 20 – (8:00 a.m. – 1:00 p.m.) **Yard Sale Bake Sale & Car Wash Brookletts Place Fundraiser** Spaces available \$10/per space additional \$5.00 for a table & 2 chairs. Car Wash \$7.00 per car. Also great sounds with DJ Randy.

Tues. May 23 – (12:30 p.m. – 1:30 p.m.) Chuck Fisher is back singing classic and modern country, as well as songs of high school days by Bobby Vinton, Paul Anka, Marty Robbins, and the Platters, to name a few ***Advance sign-up for lunch required by May 9*** or you may bring your own lunch. This program is funded in part by a grant from the Talbot County Arts Council, with revenues provided by the Maryland State Arts Council.

Tues., May 30 – (12:00 p.m. – 1:00 p.m.) **Lunch/Memorial Day Musical Celebration with Shelley Abbott.** ***Advance sign-up for lunch required by May 16*** or you may bring your own lunch.

UPCOMING TRIPS: All trips are open to anyone 21 years of age or older. SORRY but no children or infants allowed. Refund policy is in effect for all trips.

For a **COMPLETE LIST** of 2017 Trips, please visit our website www.brooklettsplace.org or stop by the senior center and pick up a copy of our 2017 Travel Log.

September 21, 2017 **Hooper's Island/Smith Island Cruise** \$100.00 per person (includes bus transportation and all gratuities) "Come To The Islands!" Meet your tour guide in Cambridge, MD and travel to Hooper's Island. Hop aboard the "Sawyer" and take a cruise to Smith Island. Enjoy a family-style meal at the Bayside Inn Restaurant featuring crab balls (two per person), clam fritters, ham, corn pudding, macaroni salad, coleslaw and vegetables. After lunch, take a walk around the island and enjoy the scenery! Enjoy the return ride back to Hoopers Island. Bus will leave Brookletts Place-Talbot Senior Center 9:30 a.m. and return approx. 4:30 p.m. **PAYMENT IN FULL DUE BY JULY 21, 2017. ONLY A FEW SEATS LEFT**

March 15-24, 2018 **Southeast Coast & Bahamas Cruise** 10 days/9nights aboard the *Royal Caribbean "Grandeur of the Seas"* leaving from Baltimore with stops in Charleston, SC, Orlando (Port Canaveral), FL, Miami, FL, Nassau, Bahamas & CocoCay, Bahamas. Inside Cabin Category N- \$1,168 double Inside Cabin Category M - \$1,376 double Outside Cabin Category I - \$1,253 double Outside Cabin Category F - \$1,529 double Balcony Cabin Category D2 - \$1,733 double Balcony Cabin Category D1 - \$2,330 double Rates are per person and include cruise, port charges, roundtrip transportation to/from port and government fees. Single, Triple & Quad rates for some cabins are also available. An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required by **March 1, 2017** in order to secure reservations and assign cabins. **Final balance is due by November 15, 2017.** Those who book early get the best prices, the best cabin locations and their preferred dining times. **PASSPORT REQUIRED**

FREE PROGRAMS: ***Advance sign-up requested for most programs – PLEASE NOTE – IF YOU SIGN UP FOR ANY OF THE FREE PROGRAMS THAT HAVE SPACE LIMITATIONS AND ARE UNABLE TO ATTEND, PLEASE BE COURTEOUS AND CALL TO LET US KNOW BECAUSE SOMEONE ELSE CAN BE PUT IN YOUR SLOT. ADDITIONALLY IN SOME CASES A FEE MAY APPLY FOR NO SHOWS!!***

- **Tues., May 2** – (10:30 a.m. - 11:30 a.m.) "Savvy Saving Seniors". Part 3 of a 3-part series: "Becoming Resource-FULL with the Help of Benefits & Peace Of Mind Savings" What's Your Money Personality Quiz, Top 10 Things All Seniors Should Consider Monthly Budget/Spending Diary & Benefitting from Benefits. Presented by Pam Limberry.
- **Wed., May 3** – (9:30 a.m. – 11:30 a.m.) "Eat Sprouts" Join us for an "Cooking for One-Healthy Food Demo" with Ryan & Emily Groll. The Grolls will be demonstrating ways to prepare for "one" with weekly menus cooking ahead and healthy snacks. Advance Sign Up is required.
- **Thurs., May 4 & May 18** – (10:00 a.m. – 2:00 p.m.) *Maryland Crime Victims'* Resource Center, Inc. will be meeting with victims of crime who may need help navigating the legal system, calculating restitution, need a referral to counseling, or just don't know where to begin. You can call 301-952-0063 to set up an appointment or just walk in.
- **Tues., May 9** - (10:30 a.m. – 11:30 a.m.) Free "Patriotic Turtle" Craft - Compliments of First Baptist Church, taught by Liz Lynch, Bob Lynch, & Judith Grobler. Limited to 20 participants – Advance sign-up is required.
- **Thurs., May 18** – (10:00 a.m. – 11:00 a.m.) Join us as we have fun taking "Selfies – Age Out Loud" for Older American Month.
- **Thurs., May 25** - (10:00 a.m. – 1:00 p.m.) *Elder Law Clinic* Attorneys will be present (**by appointment only**) to discuss legal issues pertaining to seniors to include: Elder Abuse, Adult Guardianship; homeowner and consumer related issues and much, much, more. Contact Mid-Shore Pro-Bono at 410-690-8128 for an appointment or additional information.
- **Wed., May 31** – (10:30 a.m. – 11:30 a.m.) "*Positive Music w/DJ Randy P*" Reduce your weekly stress by enjoying a fun, safe, and positive musical experience in a motivation environment.

SELF-PAY CLASSES: SPACE AVAILABLE IN ALL CLASSES

- **Friday, May 12** – (10:00 a.m. -2:00 p.m.) **Brookletts Place Fundraiser** - Mother's Day flowers for the table (make it or take it) \$15.00 fee payable in advance. ***advance sign up for your time slot is required as space is limited. You can make one or you can sign up to purchase one already made.***
- **Advanced Beginners Watercolor Class** – Every Monday (10:00 a.m. – 12:00 p.m.) \$60.00 per 6 week session. Diana Evans, Instructor
- **Gentle Yoga** with Cyndi Prudhomme - Every Wed. (9:00 a.m. – 10:00 a.m.) \$8.00 per class drop-in fee
- **Beginning Oil Painting** – Every Wednesday (9:00 a.m. – 12:00 p.m.) \$5.00 per hour. NO CHARGE for SUPPLIES for first three sessions. Contact Jane Bollman, Instructor at 410-770-8611 or bollman@goeaston.net for additional information or to register
- **Intermediate Watercolor** - Every Thursday (10:00 a.m. – 12:00 p.m.) \$60.00 per 6 week session. Diana Evans, Instructor
- **Chair Pilates** with Jena Thursdays in May – (1:00 p.m. – 2:00 p.m.) While seated in a chair, learn exercises accompanied by breathing techniques that help to strengthen your core abdominal muscles, assist in alignment of your spine, and create flexibility and strength in your joints. Leave feeling refreshed and rejuvenated. \$10.00 per class
- **Zumba Gold** - Every Fri. (8:30 a.m. – 9:15 a.m.) Cyndi Prudhomme, Instructor - \$30.00 per session or \$5.00 per class drop in fee
- **Keyboard /Guitar Lessons** Every Friday (12:00 p.m. – 1:00 p.m.) \$5.00 per week taught by Quinn Parsley of Mike Elzey's Guitar Studio
- **Spanish Fun Conversation Class** - Every Friday (1:00 p.m. – 2:00 p.m.) \$5.00 per week taught by Roberto Padron

OTHER PROGRAMS:

- **Mahjong** – Every Monday 12:00 p.m. and Friday 10:00 a.m. in the Game Room: Beginners are welcome – 1st Friday of each month is designated as "New Players Day". Come and learn!
- **Dementia Support Group** – Every 3rd Monday 1:00 p.m.
- **Diabetic Support Group** – Every 2nd Monday 5:30 p.m. Contact Doris Allen, BSN,RN,CDE Univ. of MD Center for Diabetes & Endocrinology 410-822-1000 X5195
- **Contract Bridge** – Every Tuesday 10:00 a.m. in Exercise Room #2 - Free Instruction for Beginners with advance notice
- **Pinochle** – Every Tuesday 12:30 p.m. in the Game Room – Willing to teach Beginners at any time
- **Shore Line Dancing** – Every Tuesday 7:00 p.m. – 9:00 p.m. FEE Applies, 1st time free. For additional information please contact Joyce at 410-228-9200 or Garon at 410-820-7176
- **Video (Wii) Bowling** - Every Wednesday at 10:00 a.m. in the TV Room. Come Join the Team! (2nd Wednesday at Park View 1:00 p.m.)
- **Blood Pressure Screening** – 2nd & 4th Wednesday of each month at 10:00 a.m.
- **MD Crime Victims** – Every 1st & 3rd Thursday 10:00 a.m. – 2:00 p.m. You can call 301-952-0063 to set up an appointment or just walk in.
- **Elder Law Clinic** – Every 4th Thursday 10:00 a.m. – 1:00 p.m. **BY APPOINTMENT ONLY** Contact Mid-Shore Pro-Bono at 410-690-8128
- **Canasta** – Every Thursday 11:00 a.m. in the Upstairs Lobby – *Currently for those who already know how to play.* Beginners instruction 1st Wednesday of each month from 12:00 p.m. – 3:00 p.m. – Advance notice requested for instruction
- **Poetry at Noon** – Every Friday in the Conference Room

UPCOMING EVENTS

- **ANTIQUE ROAD SHOW JUNE 9TH** 11:30 a.m. - 2:30 p.m. w/ Todd Peenstra
- **FUNDRAISERS AT BROOKLETTS PLACE**
 - **SUB SALE JUNE 15TH** SUB, CHIPS & DRINK \$7.00
 - **CHUBB'S GRILLING ON THE MOVE AUG 11TH** – BBQ ½ CHICKEN OR PULED PORK PLATTER WITH COLESLAW, CHIPS & DRINK \$10.00